

A1. When it is a fried chip! A2. By eating your 5-9 servings of colorful fruits and vegetables everyday.

Are you confused by the daily deluge of nutrition information in the media? While modern science has discovered many impressive health advances, few come close to the health promoting, disease-fighting benefits of colorful fruits and vegetables. Fruits and vegetable eaters are generally healthier and have a better chance of staying that way than folks who pass up the produce department. Evidence that connects fruits and vegetables with reduced risk for certain cancers, heart disease, high blood pressure, birth defects and diverticulosis is convincing.

How much is enough? This is definitely a case where more is better. Check out the serving recommendations below!

USDA Recommendations	Fruits	Vegetables
Children 2-6 years, most women, some older adults	2	3
Children over 6, teen girls, active women & most men	3	4
Teen boys and active men	5	5

1 Medium piece of fruit or vegetable ½ cup fruit or vegetable

What is a serving?

1 cup leafy salad greens 34 cup100% fruit or vegetable iuice 1/4 cup dried fruit

The key to achieving plenty of produce in your diet is to make it easy!

- Pack grape tomatoes, orange or apple slices, baby carrots, fresh pea pods or fresh berries to snack on and keep your energy up throughout the day.
- Make a quick smoothie using frozen fruits to enjoy during your morning commute.
- Add frozen mixed vegetables to canned or dried soups for quick dinner options.
- Save time with precut salads and vegetable mixes for meals.
- Keep a bowl of easy-to-grab washed fruit in your worksite break room.
- Add fruit to your favorite tossed salads for extra flavor, nutrients and crunch.

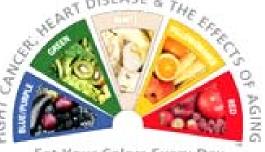
Visit the following Websites for additional information:

American Cancer Society www.cancer.org www.cdc.gov/5aday Centers for Disease Control and

Prevention

US department of Agriculture www.usda.gov www.5aday.gov National cancer Institute www.nutrition.gov **US Government links** www.5aday.com Produce for Better Health www.aboutproduce.com

www.doh.wa.gov Washington State Department of Health



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